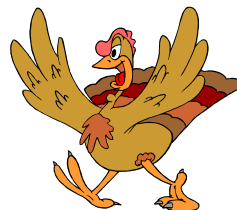




Fremont Multi-Service Senior Center
40086 Paseo Padre Parkway (at Lake Elizabeth)
Fremont, CA 94538
790-6600 • 494-4539 (T.T.Y.) •
www.fremont.gov



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Lunch: 12 noon (daily)
Information Line: 790-6610 (Menu & Activities)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	2 Election Day 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 9-3 Deaf Seniors-Com.C. 11:00 Fremont Paratransit Info & Registration 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	3 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	4 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 11:30 ECHO Housing, Reverse Mortgage Counseling 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" band (\$4)	5 9:30-2:30 Holiday Boutique 9:30-3 Washington on Wheels 8:30 Walkers 9:00 Pinochle, Canasta 9:00 Card games 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Needlecrafts 3:00 Tai Chi
8 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton Plaza) 11:00 AARP Social Time 1:00 AARP Business Mtg 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1-4 Footcare-Tri-City-appt 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	9 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 10:30 Indo-American Seniors 11:00 Fremont Paratransit Info & Registration 1:00 Speaker: Dr. Gary Basrai, Prescription Medication Seminar, Drug Interactions & Side Effects 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 3:00 East Indian Seniors 4:00 Tai Chi (Adv)	10 Napa Valley Wine Train Trip 8:15 Tai Chi 8:30 Walkers 10:00 AC Transit picture ID (appt required) 9:00 Canasta 9:30 Band Practice 10:00 Current Events 12-4 Afghan Women 1:00 Pinochle & Canasta 1:00 Mah Jongg 1:30 NARFE Board Meet. at Boathouse 1:30 Afghan Women 7:00 Woodcarvers	11 Senior Center Closed Veteran's Day Holiday A very special THANK YOU to all of our Senior Center Veteran's for your service!	12 8:30 Walkers 9:00 Pinochle/Canasta 9:00 Card Games 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Birthday Party! Entertainment by the Santa Clara Players 1:30 Needlecrafts 3:00 Tai Chi
15 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles: 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	16 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9-3 Deaf Seniors-Com.C. 9:30 Senior Fitness 11:00 Fremont Paratransit Info & Registration 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	17 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt) 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	18 Jackson Casino Trip 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4)	19 Senior Explorers Stanford Shopping Center Trip 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 9:30 Sr. Commission Meeting 10:00 Bridge 12:30 Bay Strings Practice 1:00 Pinochle & Canasta 1:30 Needlecrafts 3:00 Tai Chi 3:30 Russian Club
22 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 9:30 Builders Fund Board Meeting – visitors welcome 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee) 7-9 Parkinsons Support Group	23 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9:30 Senior Fitness 10:30 Indo Amer. Seniors 11:00 Paratransit Info 12:00 Thanksgiving Lunch & Celebration, \$5, \$6, & \$7 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 East Indian Seniors 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	24 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Legal Assist. for Seniors – new day 10:00 Current Events 1:00 Social Security (appt) 1:00 Trip Meeting 1:00 Pinochle/ Canasta 1:00 Mah Jongg 7:00 Woodcarvers	25 SENIOR CENTER CLOSED FOR THANKSGIVING HOLIDAY	26 SENIOR CENTER CLOSED FOR THANKSGIVING HOLIDAY
29 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Harmonica (Carlton Plaza) Note date & time change of NARFF Meeting. 12:00 NARFF Meeting 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	30 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9:30 Senior Fitness 10-3 Holiday Decorating 11:00 Fremont Paratransit Info & Registration 1:00 Senior Smoke Alarm Safety, F. Fire Dept. 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 2:00 Visual Concerns Support Group 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)			